

Boxing makes return to K-Bay

Cpl. Jason E. Miller
Media Chief

For the past two years, the sport of boxing had taken a complete hiatus from MCB Hawaii, Kaneohe Bay, but recently, USA Boxing opened a chapter aboard the base that is free and available to all service members who want to learn the sport, or who want to compete on the base team, currently boasting about 20 full-time members.

Jack Johnson, the career planner with 3rd Battalion, 3rd Marine Regiment, was a member of the boxing team here two years ago. After getting reassigned to MCB Hawaii recently, he decided to rebuild the old club. He now serves as the head trainer and resident expert to all things boxing.

“When I came back, I saw the need to get something like this rolling,” said Johnson, a former Golden Gloves fighter. “Now we’ve got a great area to train and practice, and we have a lot of guys who are coming out and working hard.”

The new club is located across the flight line in a renovated storage building that’s now packed to the walls with punching and speed bags, and other types of equipment to build expert pugilists.

“I think people like boxing because it’s such an individual sport,” said Johnson. “It gives people a good chance to get away from the regular, Marine Corps style of working out and do something completely different.”

The new club welcomes members of all abilities to come out and train with boxing experts. The training can be



Cpl. Jason E. Miller

A bobbing and weaving Richard Ransom (left) spars with Jack Johnson at a USA Boxing (MCB Hawaii chapter) workout session. Boxing has returned to Kaneohe Bay under the guidance of head trainer Johnson, a former Golden Gloves boxing contender. All skill levels are welcome to come out and train.

intense; however, dedicated boxers are some of the toughest athletes in the world, said Johnson.

Anyone can become a proficient boxer: Technique and training ultimately win out over natural ability, so it’s really

a sport for anyone, Johnson believes. On average, he said, a boxer can be ready for his first bout in two months — if he or she is passionate about fighting.

“We’re lucky to have such a facility here,” said Richard Ransom, an eight-

year veteran of the sport and section leader from Marine Corps Air Facility’s Aircraft Rescue and Firefighting unit. “This really is the best I’ve ever trained

See **BOXING**, C-6



Pfc. Rich Mattingly

A sliding Kenneth Coquillard, second baseman for MAG-24, gets tagged out at home by Daniel Zimmerman of VP-9 in the second inning.

Marauders clip Eagles’ wings

Pfc. Rich Mattingly
Sports Editor

A surge of runs from Marine Aircraft Group 24, just minutes before the game’s time limit, put the Marauders up for good in a late-season match-up of Intramural Baseball’s hardest-hitting teams at MCB Hawaii.

Going into the game, the Golden Eagles of Patrol Squadron 9 were confident of their ability to knock off the top-ranked Marauders, and after the first inning, it looked like they might do just that. Eagles starting pitcher Eric Wells stole home in the top of the first, putting VP-9 up 2-0, and forcing the Marauders to play catch-up ball.

Great plays on defense, notably

from shortstop and Eagles Coach Scott Sander, kept MAG-24 grounded in its first at bat. The Golden Eagles got around the bases twice in the second inning, doubling their score off the bat of Daniel Zimmerman. But Marauder catcher Dan Edwards showed off some skills of his own, gunning down a stealing Wells to end the inning.

But if the first inning belonged to the Golden Eagles, the bottom of the second was all MAG-24. As so often happens, a great defensive play by Edwards brought him up to bat first in the second, and his deep shot set the stage for a monumental single-inning effort.

Left fielder Larry Drake belted an RBI to put the Marauders on the

board, and then everything went wrong for VP-9.

A previously solid-looking Wells started having control problems; his pitches started taking dirt naps. After walking four batters in the inning and giving up three un-earned runs, it was time to have a word on the mound.

Left fielder Zimmerman warmed up and took over pitching duties.

After walking Kenneth Clow — with the bases still loaded, Zimmerman ended the inning with a controversial call at the plate, tagging out Marauder Kenneth Coquillard.

Despite escaping the inning, the Eagles faced the rest of the game

See **BASEBALL**, C-6

Sports Hall of Fame inductees announced

MCB Quantico
Press Release

QUANTICO, Va. — The U.S. Marine Corps Sports Hall of Fame (which honors former Marines who have excelled both on and off the athletic playing field) will induct basketball legend Richard Vincent Guerin, International Boxing Hall of Fame member Ken Norton, and Pro Football Hall of Fame member Arthur Donovan Jr. in a ceremony to be held at the Clubs of Quantico, Aug. 6 at MCB Quantico, Va.

Eleven former Marines

have been selected for the Hall of Fame since it was founded in 2001. Past inductees include baseball legend Ted Williams and famous Olympic great Robert B. Mathias.

Also to be honored at the luncheon will be the 2003 Female and Male Marine Corps Athletes of the Year: 2nd Lt. Kristen Kavanaugh and Master Sgt. Michael Kidd.

For more information, contact Mr. Steve Dinote of Headquarters Marine Corps Semper Fit at (703) 784-9542, or e-mail dinotesa@manpower.usmc.mil.

Semper Fit tones and tightens

Lance Cpl. Megan L. Stiner
Combat Correspondent

Many classes at the Semper Fit Center are beneficial to the same areas of the body; however, their path to fitness uses much different equipment. For example, the Tuesday and Thursday morning Muscle Conditioning Class provides muscle toning and can give participants energy.

“The techniques used to achieve strength and toning are more anaerobic than usual,” explained Terisa Peck, aerobics instructor at the center. “This class incorporates fitness balls, straps and weights.”

Peck has taught the same class for two and a half years. Participants have found the results to be positive

See **MUSCLE**, C-6



Lance Cpl. Megan L. Stiner

Pamela Owen pumps iron to maintain a proper heart rate in the Semper Fit Center’s Muscle Conditioning Class. Regular participants say the class is as effective at toning the body, as it is fun.

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

April 9 / Today

Youth Soccer — From now though April 30 you can sign up the kids (with birth years of '88-'98) for Youth Soccer. Costs are only \$40 for members and \$50 for nonmembers. Register at Youth Activities, Bldg. 5082. Volunteer coaches are still needed. Mega Mahalo to Windward Community Federal Credit Union for sponsoring Youth Soccer. For more details, call 254-7610.

10 / Saturday

Massage Therapy — Available at both K-Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental

and physical fatigue and improve overall circulation and body tone. Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

11 / Sunday

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the base marina, the charter contractor now has two boats to accommodate all of your fishing needs. Spend your day with family and friends off the coast of windward Oahu, and enjoy catching some of the ocean's most exotic and tasty fish. Call 254-7667 for more information.

Pool Plunge — Wet your

only; the Camp Smith pool, Bldg. 125; and the Manana Housing pool, Bldg. 840.

Adventure Training — Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and complete physical training at the same time. Training noncommissioned officers and staff NCOs should call the base marina

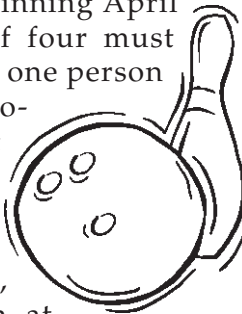
at 254-7667 for more details.

12 / Monday

Camp Smith Volleyball — If you haven't registered for the Camp Smith Volleyball League, call 477-0498. The league is open to all Camp Smith personnel, and games will be played at 11 a.m. and noon.

Intramural Bowling — Put a shop team together and knock the competition over! The Commanders' Cup

organizational meeting will be open to all authorized patrons including family members. Intramural bowling tournaments are held every Monday beginning April 5. Teams of four must have at least one person of the opposite sex; cost is only \$10 per player. For more information, get the spin at K-Bay Lanes, 254-7693.



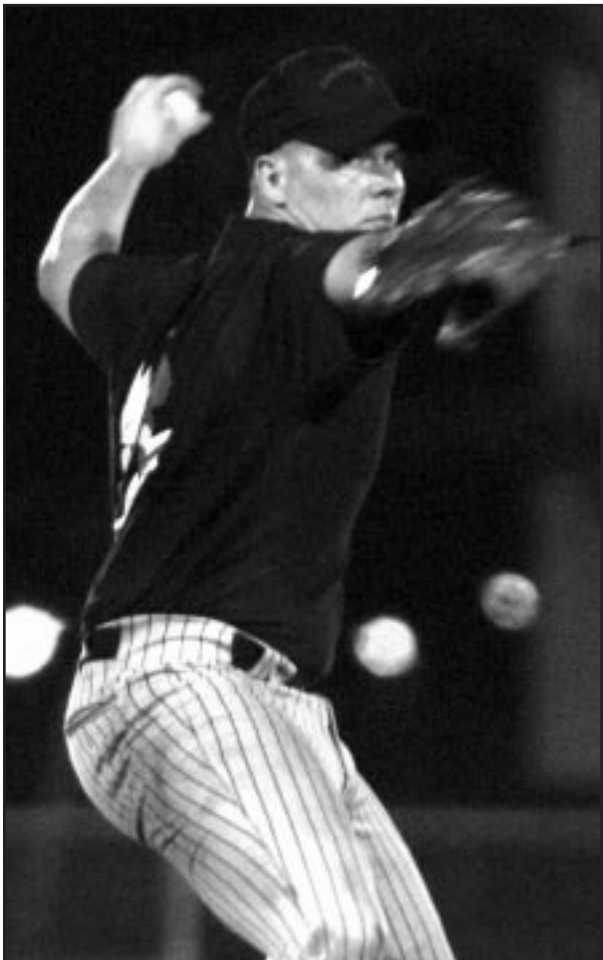
Intramural Basketball Playoff Schedule

Semper Fit Center, Kaneohe Bay

Saturday, April 10
Three games at 6, 7 and 8 p.m.

Sunday, April 11
Six games at 1, 2 and 3 p.m.
4, 5 and 6 p.m.

Monday, April 12
Slam Dunk Contest at 6 p.m.
Championship Game at 7 p.m.



Pfc. Rich Mattingly

Base All Star

NAME: Daniel Zimmerman

SPORT: Baseball

TEAM: Patrol Squadron 9 Golden Eagles

- Zimmerman, 22, is originally from Yukon, Okla., where he recently spent his own leave time coaching youth baseball.
- He first took pitching seriously in his junior year of high school after he experienced his first major win as a hurler.
- Missing most of the season while on leave, he hopes to make an impact for his team in the playoffs.

“I had this coach who told me I was a ‘baseball guy.’ I guess after that I really felt like baseball was part of who I was.”

Intramural Basketball Standings

	Wins	Losses
1/12	9	0
MAG-24 Bulldogs	9	1
3rd Marines	9	4
MALS-24 Warriors	8	4
VP-4 Skinny Dragons	8	4
Mess Hall	7	5
ETD Monsters	6	6
CPRW-2	6	7 *
MCAF	5	8
MALS-24 Supply	5	8 *
HQBN Second2None	4	8
HMH-363 Red Lions	4	8 *
VP-4 Topside Dragons	4	9 *
SNCO Academy	1	13

*Intramural Basketball standings are current as of April 4.
Records changed because of forfeit

Intramural Baseball Standings

	Wins	Losses	Ties
MAG-24	11	2	
1/12	6	2	2
3/3	7	8	1
VP-9	6	6	
VP-4	5	8	2
HQBN	4	7	1

Intramural Baseball standings are current as of March 30.

COMMUNITY SPORTS

HTMC Hosts Ulupaina Hike
The Hawaii Trail and Mountain Club invites intermediate-level hikers on a pleasant four-mile romp along a ridge between Haiku and Ahuimanu valleys, Saturday at 8 a.m. A contour trail will prepare hikers for the short climb to the ridge trail, which is not too long and not too short — just right for a Saturday jaunt. To stroll along, contact coordinator Doug Klein at 235-8330. A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited on hikes.

State Offers Free Recreation
The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility. Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters. The next two-day session is April 16 from 5:45 to 9:45 p.m. and April 17 from 7:45 a.m. to 4:30 p.m. at the Nimitz

Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for the next available course, call 587-0200.

Gift of Life Race Occurs April 25
You can fulfill your need for PT (physical training) with a 6.2 mile run around Diamond Head, and help a good cause in the process! An annual event of the National Kidney Foundation of Hawaii (sponsored by Fujisawa Healthcare, Inc.), the Gift of Life Race and Fun Walk hopes to educate the public on kidney and urinary tract diseases, as well as raise awareness about organ donation. However, runners and donors are needed. The 10k run/race will begin at 7 a.m., April 25, from Kapiolani Park; a 5k run/race about 8:15 a.m., then the one-mile fun walk around 8:45 a.m. For more details about any of these events or the Kidney Foundation, visit www.kidneyhi.org, or call 593-1515 for more details.

5-on-5 Tourney to Benefit Radford H.S.
The First Class Petty Officer Association of the Naval Pacific

Meteorology and Oceanography Center/Joint Typhoon Warning Center is holding its first-ever Ed Earhart Scholarship Fund Basketball Tournament on May 15 - 16. This two-day event, to be held at the Bloch Arena at Pearl Harbor, is a 5-on-5, double-elimination, round robin tournament. Entry fee is \$150 per team, with prizes for the top three teams. All proceeds will go to the scholarship fund, which will provide a \$1,000 annual scholarship to a deserving senior at Radford High School, who is also the child of an active duty military family. The scholarship fund bears the name of AG1 Earhart who gave his life at the Pentagon on Sept. 11, 2001. For more information, call Petty Officer 1st Class Kathleen Denson at 471-0004.

Sea Scouting Opens to New Members
Teens ages 14 - 18 who are interested in learning to sail and operating or steering a boat, powerboat or other outdoor adventures such as scuba diving, can do all this and more as members of Sea Scouting. Sea Scout Ship 64, sponsored by the USS Missouri Memorial Association at Ford Island, is inviting all interested boys and girls to join the group, which

meets aboard the Battleship Missouri (BB-63) at Pearl Harbor and at Keehi Marina. The group owns two 20-foot sailboats. For more information about this invitation to a meeting, call Win Davis at 261-3967.

Hawaii to Host Martial Arts Contests
“Rumble on the Rock,” full-contact fighting events that showcase the skill of various martial arts forms throughout the world, will showcase on various dates on the islands of Oahu and Hawaii. The contests aim to provide positive role models and guidance for today's youth. They will consist of a minimum of six events, using jiu-jitsu, boxing, karate, kickboxing, wrestling, pankration, tae kwon do, free-style fighting, judo and various other forms of martial arts. Mark your calendar for the following dates:
•May 7 at the Neal Blaisdell Center,
•Aug. 21 at the Stan Sheriff Center,
•Oct. 16 at Afook-Chinen Civic Auditorium in Hilo, and
•Dec. 11 at the Neal Blaisdell Center. For more details, or sponsorship opportunities, call 640-4746.



The Bottom Line

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both. Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil, or Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

So what's the big deal about Freddy Adu?

Capt. K. D. Robbins
The Professor

"Adu. Adu. Adu. I bid you, Adu!"

Sometimes The Goat scares me. OK. The Goat scares me all the time. No, he's not an axe murderer or a drug dealer. He's just so close-minded it drives me insane.

He is right in his claim that *futbol* has yet to make it in the United States; so to prove his point, he will spend hours researching Rudyard Kipling, or the War of 1812, to prove his point.

The Professor, on the other hand, doesn't need to research Horatio Hornblower or the French-Canadian War to prove his.

There's no denying that the "pitch" does not garner the same U.S. following as any of the big three (baseball, football and bas-

ketball). However, that was then, Adu is now.

A mere 14 year old, Freddy Adu joins the long list of child prodigies (Tiger Woods, LeBron James, even Tony Hawk) and has the power to transform his sport. Don't sell Adu short regardless of his lack in height. This kid packs a mean soccer lunch.

Adu has the physique of a 25-year-old drill instructor, the mind of an honor roll student (he graduates high school this year) and, most importantly, the smile of a 14-year-old kid who just loves soccer.

No wonder Nike and Major League Soccer are gobbling up this stud before Adidas and the English Premier League get their hands on him.

Adu isn't alone. With the help

See **PROFESSOR**, C-6

Sgt. Joe Lindsay
The Goat

Soccer is like vegemite. If you weren't raised on it, you'll never truly acquire a taste for it. Having the greatest soccer prodigy since Pele sign with Major League Soccer is great for the sport from an American perspective, but in the end, as Jon Saraceno astutely observes, it's "much Adu about nothing."

American sports begin and end with football, basketball and baseball. Freddy Adu isn't going to change that.

When Pele jumped ship from Brazil to sign with the New York Cosmos in the 1970s, it was hailed as the move that was going to put soccer on the map in the U.S. Didn't happen then, and it won't happen now.

That doesn't mean Adu isn't a

great story though.

The 14-year-old phenom, who was raised in the West African country of Ghana before moving to America when he was 8, just played his first game for D.C. United in front of a sold-out crowd at RFK stadium. He is already the highest paid player in MLS, raking in \$500,000 a year. (And that doesn't include the millions he's set to earn from endorsement deals with Nike and Pepsi.)

The hype surrounding Adu is huge. He recently appeared on "The Late Show" with David Letterman, and this past Sunday, "60 Minutes" ran a feature story on him. ESPN is planning on telecasting eight of D.C.'s games this year.

There is no doubt that Adu is

See **GOAT**, C-6

Readers Strike Back

“Pete Rose is also a convicted felon, does his credibility exceed the other felons in this situation?”

Dear "Bottom Line,"

Clearly Pete Rose's records belong in the Hall of Fame – he does not ("Should Pete Rose 'hustle' into the Hall? March 26, page C-3).

A couple points that always seem to come up: The testimony against Rose was mostly from convicted felons, as though we shouldn't believe felons.

Pete Rose is also a convicted felon, does his credibility exceed the other felons in this situation?

And, the agreement Rose voluntarily signed — with his attorney as a witness — does not contain a finding that he bet on baseball.

You have to turn to page three and

Section 4 that reads, "Peter Edward Rose acknowledges that the commissioner has a factual basis to impose the penalty provided herein, and hereby accepts the penalty imposed on him by the Commissioner and agrees not to challenge that penalty in court or otherwise."

Does an innocent man sign this agreement?

God has given man the Ten Commandments to live by during his life. We would all agree that many members of the Hall of Fame have undoubtedly broke many of God's Ten Commandments during their lifetime.

However, the gods of baseball are not as demanding on the mortal baseball player, for there is but one singular commandment — Thou Shall Not Bet On Baseball.

While practically every one of the 254 members of the Hall of Fame may have broken some of God's Commandments, not one has broken baseball's single commandment — yet!

—Paul Ashworth
Cincinnati, Ohio

(Editor's Note: Except for punctuation corrections, comments are printed as they are received, or "sic.")



spotlight on health

Experts urge allergy sufferers to consult doctor

NAPS
Featurettes

Are you one of the nearly 40 million Americans who suffer from allergy symptoms such as itchy, red eyes; sneezing; and a runny nose?

If so, allergy and immunology experts warn against running out to your local drugstore to buy an over-the-counter antihistamine that may make you drowsy. Instead, physicians who treat allergy symptoms hope that allergy sufferers will seek professional medical advice to get a non-sedating and non-impairing medication.

The new panel recommendations were recently published in the “Journal of Allergy



and Clinical Immunology.”

Furthermore, the panel acknowledges that if left untreated or misdiagnosed, allergy symptoms can lead to more serious respiratory illnesses such as sinusitis or asthma.

“Patients seeking allergy relief from antihistamines available in drugstores may not realize that many cause drowsiness, can disrupt sleep patterns and can impair patients while driving,” said Dr. Thomas Casale, chief, Division of Allergy/Immunology, and director of Clinical Research at Creighton University Medical School.

“The real danger is that people suffering from allergy symptoms often cannot detect impairment caused

by allergies, and are usually not aware that impairment caused by allergies can be exacerbated when treated with antihistamines.”

According to a recent survey, only 50 percent of allergy sufferers consider the disease to be a serious condition and nearly two-thirds did not see an allergist the last time they had a reaction. Overall, nearly half of allergy sufferers choose to self-medicate with over-the-counter antihistamines sold in drugstores.

Many of these older medications have been shown to cause undesirable side effects, including sedation and impairment, a decrease in mental or physical ability such as the abil-



Lance Cpl. Michelle M. Dickson

Doctors can prescribe medicines to alleviate allergies suffered by people like Lance Cpl. Anthony Witt, Motor Transport operator, with 1st Battalion, 12th Marine Regiment.

ity to drive a car or operate machinery.

If you suffer from allergies, talk to your doctor about effective, non-sedating treatments for seasonal allergies. For more information, visit www.smartaboutallergies.com.

Tanning fans don’t have to feel the burn

NAPS

Featurettes

When the temperature rises, men and women of all ages expose more skin. However, “Shape” magazine’s style director, Jacqui Stafford said you should seek out healthy ways to enhance your tan.

“We all want to look tan and healthy,” says Stafford.

“There are many beauty secrets that give you a sun-kissed glow without setting one foot near the beach.”

For a golden glow

A great way to get bronzed is to do it convenient-



ly with self-tanner. The newest products tan you in less than an hour, provide a great scent and even contain powerful antioxidants such as vitamins C and E to protect from free radical damage.

When applying a self-tanner, be sure to exfoliate first. Try an exfoliating scrub in the shower to remove dead skin cells and allow for an even application. After moisturizing, use a tinted self-tanner, so that you can see where you have applied it. Then, use a wet wipe to swipe away tell-tale marks on ankles and elbows.

For maximum sun-screen protection

Most importantly, save your skin from sun damage by always using an SPF of at least 20, even on cloudy days. Choose a lightweight, oil-free moisturizer that soaks in instantly and contains both UVA and UVB protection.

Also, to achieve a sun-kissed glow while avoiding the damaging effects of the sun, try a body shimmer sunscreen that enhances your natural color.



Lance Cpl. Michelle M. Dickson

Using any number of commercially-available, sun-less tanning formulas can save your skin from sun damage. Even on cloudy, over-cast days the sun’s rays can cause sun-burn.



Lance Cpl. Megan L. Stiner

Terisa Peck, aerobics instructor for the Muscle Conditioning Class, leads her students through a leg lift routine. A variety of exercise equipment adds a unique and fun flair to the class.



Cpl. Jason E. Miller

A member of USA Boxing, MCB Hawaii chapter, works up a sweat during a training session.

BASEBALL, From C-1

against the league’s best-hitting lineup without a cushion.

In the third inning, one pitcher was comfortable knowing that his team had evened the score, while the other knew that his team needed his best effort to stay in the game. Both men, David Fults for the Marauders and Zimmerman for the Eagles, came through in a big way, shutting down their opponents, three up and three down.

The fourth and fifth innings were a grudge match, with the two teams trading the lead until the Marauders led by a single run, 6-5.

The sixth inning saw the Golden Eagles tie the score and load the bases. A MAG-24 conference on the mound ensued, and Nate Benson took over pitching duties.

PROFESSOR, From C-3

of heartthrob Landon Donovan, Richie Cunningham look-alike Bobby Convey and the flashy Demarcus Beasley, Adu’s fire team of U.S. soccer superstars translates into World Cup finals and Olympic gold medal games.

Bottom Line: Soccer has not made it in the U.S.A., yet.

Think back to 1980. Where was hockey before “Miracle on Ice?” Where was golf before Tiger? Where was skateboarding before Hawk?

Once the U.S. hits it big on the international soccer stage, i.e., the World Cup and Olympics, the flood-gates will open.

The U.S. is the largest sports market in the world, just ask Phil Knight.

As U.S soccer — with a little help from Nike — throws \$\$\$ and training resources into the sport, U.S. soccer popularity, with the help of their smiling 14-year-old poster child, is inevitable.

BOXING, From C-1

in.”

Ransom added, “Boxing really is a good sport for Marines, and we tend to have an advantage over the average civilian who wants to go out and get involved. Marines are generally in shape, and we can usually make time for something like this. A lot of civilian guys can’t train as much as they need to because of jobs and other things like that.”

Individuals who have never boxed before are welcome to attend the practice sessions, which take place Monday, Wednesday and Friday of every week from 5 to 7 p.m. First timers will receive one-on-one instruction to understand the basics before ever entering a fight.

For more information on the club, call Jack Johnson at 292-2109, or check out the boxing club’s debut April 23 at Kahuna’s Sports Bar & Grill, when Hawaii Marines will take on members from Oahu-based boxing clubs.

Walking one more batter, Benson got out the side with the score at 7-6, in favor of the Golden Eagles.

The heat was on for the Marauders as the game officials started checking their watches. Intramural Baseball games are called after two and a half hours. It was getting dangerously close to that in the bottom of the sixth.

But time didn’t run out soon enough for VP-9. The Marauders mercilessly took advantage of fielding errors and brought the wood in the game’s last minutes to tie and go ahead, 10-7.

“Our batting really came through at the end of the game,” said MAG-24 Coach Paul Matchniff.

The disappointed VP-9 coach, said, “I just don’t think we brought the bats we usually do.”

Both team hope to make a big impact in the upcoming playoffs.

GOAT, From C-3

making a financial impact and is single-handedly bringing soccer into the news. That doesn’t mean it will stay there though.

The rest of the sporting world lives, eats, breathes and sleeps soccer. Overall, there is little point in arguing that soccer it is not the most popular sport in the world. The problem is, America is not the rest of the world. America is America. We don’t play cricket, we don’t use the metric system, and we don’t get obsessed with soccer.

Bottom Line: Freddy Adu is the biggest story to hit the American soccer scene in three decades. And that is the problem. With the exception of Brandi Chastain taking off her shirt at the women’s World Cup, there hasn’t even been a soccer story in this country since Pele in the 1970s.

Soccer players are some of the best athletes in the world, and soccer is a great sport. The Goat just don’t want to watch it. He’d rather eat a vegemite sandwich.

MUSCLE, From C-1

and consistent.

“I have participated in this class for two years, and in that time, my endurance has increased, my body has become more toned and I have gained a lot of strength,” said Diana Parker, family member and class enthusiast.

According to Parker, the benefits of the class include more than improved fitness alone, but also camaraderie with other participants.

Parker sees the class as a big comedy show.

“We are constantly laughing and joking around,” she explained. “The class is fun for everyone involved, so it doesn’t even seem like exercise.”

“We are a close group of people, and we enjoy encouraging each other during the class,” Owen explained. “It is a group effort and it is always nice to see new faces, especially when they keep coming back.”

For more information call 254-7597.